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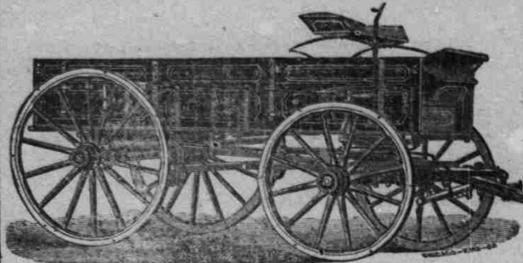
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LEBANON, OREGON.

WONDERFUL LONGEVITY.

The Life-Preserving Influence of Wise Regimen and Abstemious Habits.

The common idea is, that longevity depends entirely on inherited constitution.

The man whose father and mother, and grandparents, and great-grandparents attained a high average age is supposed to have a much better chance of long life than one whose forefathers have been short-lived.

Probably there is much truth in this idea; but it is not probable, and the point seems worth careful study, that longevity is affected indirectly rather than directly by inheritance.

It may well be that the descendant of long-lived folk is apt to be long-lived, not solely or chiefly because he inherits constitutional peculiarities tending to length of life, but because he inherits qualities leading to temperance and abstinence by which life is prolonged, or even simply because temperance and abstinence have been encouraged during his youth by example and by precept.

Considering the question of longevity from this point of view, the case of Louis Cornaro, which has always been thought most instructive, becomes full also of encouragement.

In the first place, it must be remembered that Cornaro (who was born at Venice about the year 1467) was a man of weak constitution. Moreover, from the age of eighteen to that of thirty-five he pursued courses that would have seriously taxed the strongest constitution.

Life at thirty-five was a burden to him because of the disorders brought on by riotous living and indulgence in every kind of excess. The next five years were passed in almost unremitted suffering. He was told by his physicians, when forty years old, that nothing could prolong his life for more than two or three years, but such life as remained to him might be less painful than the years he had recently lived if he would adopt more temperate habits.

It ever thereafter was a case where life-preserving influence of wise regimen and abstemious habits was demonstrated, Cornaro's must be cited as especially significant.

At the age of forty Cornaro began gradually to reduce the quantity of food, both liquid and solid, which he took each day, till at length he only took what nature absolutely required.

He tells us that at first he found this severe regimen very disagreeable, and confesses that "he relapsed from time to time to the fish-pots of Egypt." But by resuming his efforts after each failure he succeeded, in less than a year, in adopting permanently a spare and moderate system. By this time he was already restored to perfect health.

But thus far he had only followed the counsel of the physicians, and was more steady than they expected, or than is usual in such cases, and therefore with unexpected good results. It was after he had recovered his health that he went on to those experiments by which he seemed to show how life may be extended far beyond the Psalmist's allowance.

From temperance he proceeded to abstinence. Undeterred by the rebuffs of his physicians as to the wisdom of such a course, he diminished his daily allowance of food, until at last the yolk of an egg sufficed him for a meal. Throughout the time when he was thus reducing his allowance of food his health and spirits kept improving. Nay, he tells us that even his enjoyment in eating had increased, for he says "I never felt more pleasure from a small meal of dry bread than he had ever obtained in the days of his excesses from the most exquisite dainties of the table. As regards regimen, Cornaro simply "avoided extremes of heat and cold, over-fatigue, late hours, excesses, and all violent passions of the mind; he took moderate exercise in the open air; and his chief pleasures were those obtained from literary and artistic study, from the contemplation of one scenery, noble building, beautiful combinations of color and sweet music.

When Cornaro was within two years of four score his diet was regulated in quality and quantity, as follows: In four meals he took each day twelve ounces in all of solid food, consisting of bread (of course, for he was no weak-minded), light meat, yolk of egg, and soup.—Richard A. Proctor, in Cosmopolitan.

Why Junks Have Eyes.

Chinese Junks and boats have eyes carved or painted on the bows, which are usually supposed to be a mere fanciful form of ornamentation. But they have a real meaning, as Mr. Fortune found. In going up one of the rivers from Ningpo, he was startled one day by seeing a boatman seize his broad hat and clap it over one of the "eyes" of the boat, while other boats on the stream were similarly blinded. Looking about for an explanation he saw a dead body floating past, and he was told by the boatman that if the boat had been allowed to "see" it, some disaster would surely have happened, either to passengers or crew, before the voyage ended.—All the Year Round.

Miss Bledie McGinnis, one of the reigning belles of Austin, is not a bad looking girl, but intellectually she is subject to a slight discount.

At a social gathering she was introduced to a distinguished journalist from San Antonio.

"Allow me to introduce you to Mr. Scowp, one of the most celebrated newspaper writers of the day," said her friend.

"Newspaper writer?" exclaimed Bledie. "I didn't know they wrote newspapers. All the newspapers I've seen were printed."—Texas Sittings.

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LEBANON, OREGON.

TELEGRAPHIC SUMMARY.

An Epitome of the Principal Events Now Attracting Public Interest.

Judge Bea, of Minneapolis, was elected Commander-in-Chief of the G. A. R.

Polycare de Keyser, Esq., a Roman Catholic, has been elected Lord Mayor of London.

Smith Hetherington, of Nevada City, Cal., was blown to pieces by the explosion of a giant powder.

It is reported from London that Jennie Lind had a stroke of general paralysis. Her mind is unimpaired as the above race.

The President has appointed Whitaker M. Grant, of Iowa, to be Attorney General of the United States for the District of Alaska.

A French fishing boat has been sunk in the British channel by a collision. Eighteen of the persons aboard were drowned.

The yacht Volunteer again defeated the Thialfi. No sporting event for years has been watched with such interest as the above race.

George Francis Train has interested himself in behalf of the condemned Chicago anarchists. He is making rambling, incoherent speeches.

A Chinese transport has been wrecked on one of the Pescadore Islands, and 300 soldiers and the captain and crew, with the exception of one man, were drowned.

John Swinton has declined the nomination of the Progressive Labor Party for Secretary of State of New York, on account of poor health. J. E. Hall has been chosen in his place.

In the United States Court at St. Louis, Miss Phoebe W. Cousins took the oath of office as United States Marshal, to succeed her deceased father.

Judge Miller and Brewer were on the bench, and the former benevolently expressed the hope that during her term of office the new marshal would not have to hang anybody. Miss Cousins is the first woman who has ever held the office of marshal.

Alfred Warner, of Trehon township, Kenny county, Iowa, went to a shanty on a hill, and there he was shot and killed by his daughter, Mrs. Nancy Black. Finding the door fastened, he entered through a window and was horrified to discover the dead bodies of Mrs. Black and her two children, aged 11 and 13, on a bed.

Word was immediately sent to the coroner at Mount Pleasant. He summoned a jury who decided that Mrs. Black murdered her children and then committed suicide by taking arsenic.

A miraculous escape from a horrible death occurred in a sawmill at Tacoma, W. T. F. W. Sullivan, boss mechanic, was engaged in repairing the saw dust carriage when the machinery started up and an endless chain commenced to move. In some manner Sullivan became entangled in the chain, and was hurried along toward the mill, and forced through an aperture but eight inches square, out of which sawdust is forced. His escape from instant death was a general marvel to those who witnessed it.

At Hamilton, Ont., Wm. Nicholas' two daughters, Alice, aged 12, and Jessie, aged 8 years, were taken with symptoms of typhoid fever, and a doctor prescribed some white powder. Each took one of the powders and both died. The physician thought he had administered quinine but the druggist clerk had put morphine powder. Mrs. Rymal, Miller Grove, also died suddenly. She was the doctor's patient and was given some of the fatal drug. As the doctor has a large practice in the country, and chills and fever have been prevalent, other cases may yet come to light.

A woman recently arrived at New York, calling herself Caroline F. Cuelly, who claims to be a daughter of Queen Victoria. She says she has only recently discovered her parentage, having been educated in a Paris convent, and receiving regularly from England a liberal allowance of money. It was only when this allowance was suddenly discontinued that she investigated its source and discovered her royal lineage. In support of her claim she says she has letters from John Brown and Englishmen of high rank who are in the confidence of the Queen. The woman bears a wonderful likeness to the pictures of Victoria.

A terrible domestic tragedy occurred at Haverhill, Mass. Two years ago, Emma, eldest daughter of James H. Abbott, a dissolute shoe-maker, married against his will. He never forgave her. While the rest of the family were absent she came to the house to nurse Mrs. Hicks, her father's invalid aunt. Coming home, filled with rum, and finding her alone with the sick woman, Abbott brained her with an ax and then blew his brains out. Unable to prevent the crime or give an alarm, Mrs. Hicks had to remain over an hour with the dead. When the family returned and discovered the crime the unfortunate woman was a raving maniac.

The worst wreck that ever occurred on the Mobile and Ohio Railroad happened near Jackson, Tenn. An entire passenger train, except the engine, was hurled from a trestle while running forty-five miles an hour, and over thirty persons were injured, though by what seems almost a miracle, none were killed. The coaches were thrown forty feet from the track, and some turned completely over. The scene was almost indescribable, women and children screaming for help and release from the closed cars. All were, however, rescued, and medical attendance given. Of the injured forty or fifty may die, ten others are in serious condition, and the remainder are only slightly injured.

—He—"I see that between sixty and one hundred persons in different parts of the country have been poisoned by eating ice-cream." She (turning pale).—"Did any of them die, George?" He—"No; but some of them were very sick." She (color slowly coming back).—"One can not be too careful, George, where one eats ice-cream. Hereafter let us stick to Delmonico's."—Harper's Bazar.

—Each of the 670 members of Parliament represents on an average \$729 net worth, the constituencies varying this up \$2,737 to 15,053.

AGRICULTURAL.

Devoted to the Interests of Farmers and Stockmen.

Feeding Horses.

If the stomach of the horse were more fully understood its feeding would be more carefully attended to. The benefit that comes from food comes through the process of digestion that is carried on in the stomach, and even while the process of feeding is going on. In comparison with the ox, the stomach of the horse is quite small. It is claimed that the stomach of the ox has a capacity of 250 quarts, while that of the horse is only about sixteen quarts; so as a consequence whatever is in the stomach after it is filled must be expelled into the intestines if feeding is continued. In that case, if the process of digestion is incomplete the result is an expulsion of the food without serving the purpose for which it is intended. For this reason in the use of concentrated food in connection with coarse fodder, there must be an exercise of judgment or the feeding will do little good. Thus oats may be fed to a horse and followed by hay to such an extent as to expel the oats wholly from the stomach, in which case the only benefit derived is from the amount of digestion going on during the period of eating. The office of the stomach being to digest the nitrogenous portion of the food, and as a stomach full of oats contains about four or five times as much nitrogenous matter as when filled with hay, either the stomach must secrete its gastric juices five times as fast, or the period of digestion must be five times as long. If a concentrated food like oats is to be fed first and then the grains, thus giving ample time for digestion between feedings.

How to Save Garden Seeds.

Peas and beans should be left on the vines until the pods are well wrinkled, when they should be picked and spread until they are quite dry. Small quantities may be shelled by hand, large crops are threshed with a flail. Keep them in a dry place.

Melon, cucumber, squash and pumpkin seeds should be taken only from ripe, perfect shaped specimens. In a small way the seeds may be simply taken out, spread out on plates or tins and dried. Larger quantities have to be washed before drying, to remove the slime that adheres to them. When the seeds are thoroughly dried, tie them in bags, and keep in a dry place secure from mice and rats.

Beets, parsnips, turnips, carrots, onions, cauliflower and cabbage will not produce seed until the second year. Set out in early May strong, well-matured plants of last season's crop. When the seed is ripe, cut the stalks and put under cover to dry, then beat out the seeds and tie in paper bags.

Seeds of all kinds should be fully ripe when gathered, but it is also important to harvest them as soon as they are ripe. For keeping small quantities of seeds, paper bags are preferable to cloth, as they afford better protection against moisture and insects. Always mark each package with the name of the seed contained in it, and the year in which it grew. Cold does not injure the vitality of seeds, but moisture is detrimental to all kinds.

Those who feed grain in addition to grass, and feed it intelligently, so far as we have ever heard them give an opinion, believe that it pays. One prominent feeder says that he finds that it requires only half as much grain to fatten an animal on grass as it does to fatten on it in winter or dry food.

Wet, muddy feet and legs are fully as injurious to the lower orders of animal life as they are to men. Instinct teaches the animal in a state of nature to avoid such unwholesome exposures, but man has obliged them to grovel in such miserable places and is therefore responsible for the results.

Finely chopped clover hay moistened with water that has been slightly salted, and sprinkled with corn meal, makes an excellent food for old stock that cannot well masticate hay. It should be fed in connection with mixed ground grain also, with a small allowance of linseed meal.

Store beets, carrots, parsnips and turnips in bins in the cellar, and pack them in dry sand or earth and they will keep well for winter use. This method will enable the farmer to use them at any time, which will not be the case if they are stored in mounds in the open air.

Give to the cows none but the best and purest food. With no other stock is this so essential, for the reason that it has been fully demonstrated by competent authorities that the milk is a very prolific source of transmitting disease germs from impure food.

Hogs are excellent gleaners of wheat fields. We have never observed any ill effects upon the animals if there is plenty of clover and water as well as some wheat in the field. Sheep, on the other hand, we should hardly care to trust on the stubbles.

A few lumps of charcoal with a box of wood ashes placed in the hog pen will prevent many ills arising from indigestion in hogs. The charcoal should be fresh. Old charcoal may be renewed by heating it in the stove for a few minutes.

A cheap and excellent mixture for colds in poultry: "Put a tablespoonful of tar in a quart bottle, and 20 drops of carbolic acid and one teaspoonful of crude petroleum. Add hot water, shake well before using, and give a teaspoonful."

—A fast man is usually very slow when it comes to paying his debts.—Pittsburgh Dispatch.

—The man who propels a wheelbarrow sees his work ahead of him all the time.—Boston Courier.

—Goethe once said: "We ought to look at some picture every day." But then, that was before the old man saw the pictures in the daily press.—New Age.

—In ancient times, it is said, any thing that Midas touched was turned to gold. In these days, the touch of gold will turn many a man to anything.

OREGON NEWS.

Everything of General Interest in a Condensed Form.

A Board of Trade has been organized at Medford.

A black bear weighing 400 pounds was killed near Astoria.

The receipts of the State Fair foot up to between \$14,000 and \$15,000.

At Grant's Pass about 200 pupils are in attendance at the public schools.